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PAGE 13

BUG OFF

REGINA FORESTRY SAYS MOSQUITOES ABLE TO CARRY WEST NILE HAVE BEEN FOUND IN THE CITY PAGE 3



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The party is on! Craven's ready to heat up summer

Annual tradition.
Alan Jackson, Eric Church and Brad Paisley among the stars who'll light up country music festival



JEFF MACKEY
jeff.mackey@metronews.ca

The Craven Country Jamboree is bringing some of the biggest names in country music to Saskatchewan starting today.

"We have Eric Church closing it out on Friday," said Kim Blevins, the festival's director of marketing.

"We also have got the classic Alan Jackson, he always puts on a fabulous show and Brad Paisley, who hasn't been at the show for a few years now so we are really looking forward to him."

"We bring the biggest and the best stars to this festival," said Blevins. "We also have some great Canadian talent this year in Terri Clark, Emerson Drive, Dean Brody, Deric Ruttan and Chad Brownlee."

The Craven music festival has become a staple of summer in Saskatchewan. "In (the festival's) current incarnation it has been eight years but there has been music on this site going on 30 years," said Blevins.

"I think the people of Saskatchewan have always supported this. They love music and they really love country music."

Follow Jeff Mackey on Twitter @MetroJeffMackey



The Craven Country Jamboree has become a summer tradition. Each year it draws bigger stars and even bigger crowds. CONTRIBUTED/CRAVEN COUNTRY JAMBOREE

Rain, rain go away

Sunshine in the festival forecast

Craven will continue as planned despite receiving two inches of rain in under an hour at around noon on Wednesday.

The heavy rain forced organizers to shut the gates to the campground until 6 a.m. Thursday morning.

Organizers do not think the rain will affect the festival. "It is supposed to be sun all the way through so we are looking forward to putting on a really good show," said Kim Blevins, director of marketing for Craven Country Jamboree.

This amount of rain pales in comparison to last year's flooding of the main campgrounds at Craven.

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Chances of West Nile virus in Regina now more likely

Mosquitoes. Recent weather conditions contributing to potential spread



CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

Regina forestry has found mosquitoes capable of carrying the West Nile virus in the Queen City.

"We can confirm that there are Culex tarsalis mosquitoes in the city," said Ray Morgan, manager of forestry pest control and horticulture for Regina.

Three weeks ago, one Culex tarsalis mosquito was found. This discovery combined with recent weather conditions in Regina — the hot, dry periods followed by rain — make the appearance of the West Nile virus more likely, Morgan says.

"Based on the recent weather conditions, the chance of West Nile virus has become more prominent," he said.

He explained that even though mosquito populations are well below the 10-year average this year, the likelihood of the virus being passed hasn't decreased.

The Culex tarsalis mosquitoes breed at a high rate during the kind of weather Regina has seen over the last couple of weeks, thus increasing the chance of transmission.

What you can do

Ray Morgan says that there are ways people can protect themselves from getting bitten:

- Wear light, long-sleeved clothing.
- Make sure to slather on bug repellant that contains DEET.
- Every few days, clear out the water in places such as eavestroughs and birdbaths.



Report sheds light on fatal float plane crash

Low altitude and aerodynamic stall combined to cause a 2011 float plane crash near Buss Lake, according to a report released Wednesday by the Transportation Safety Board. Five people, including the pilot, died in the crash. The group of four men had chartered the plane to pick them up from a four-day fishing trip at Buss Lake. The plane crashed 3.7 kilometres from departure.

TRANSPORTATION SAFETY BOARD

Expansion. SaskPower applies for a nearly five per cent rate hike

SaskPower has applied for a 4.9 per cent rate hike next year. CEO Robert Watson says if approved, the hike would go into effect on New Year's Day. Watson says the money is needed to fund major expansion projects, and help replace aging infrastructure in the province.

SaskPower has plans to spend a billion dollars this year on upgrades to their system, along with another billion dollars in capital projects in 2013.

The hike would amount to an increase of $4 a month on the average bill in urban areas, and $6 a month in rural areas. THE CANADIAN PRESS



SaskPower is looking to up its rates next year. MORGAN MODJESKI/METRO

Tragic accident

Electrocution death in Stockholm

Tuesday night, RCMP in Esterhazy were called to a rural location approximately 3.5 kilometres south of the community of Stockholm, after a call about an electrocution. A 17-year-old male was in the bucket of a boom lift when it hit a set of electrical wires on its descent.

His 26-year-old co-worker, Adrian Regehr from Saltcoats, tried to bring him down by using the controls on the lower part of the vehicle, and was electrocuted. Regehr was pronounced dead shortly after arriving at Esterhazy Hospital. METRO

Acute doctor shortage. Threat of closure for two Saskatchewan ERs

Emergency rooms in two Saskatchewan communities need a little life support if they're going to stay open beyond the end of August.

Two doctors in Wynyard and two in nearby Wadena have been sharing ER duties since last September to keep each community's emergency department open every other week.

But one doctor left Wadena on Tuesday and the other plans to leave at the end of August.

The Saskatoon Health Region says it's working feverishly to find new doctors, but admits it hasn't had any luck so far.

Officials say the two remaining doctors would not be able to operate the emergency rooms and their clinics at the same time.

Meetings were held Wednesday with staff at both facilities and with the public to update them on the situation. THE CANADIAN PRESS

For more local news visit metronews.ca

1 NEWS

On the web

Weighed down? Feed your head instead

Losing the battle of the bulge? Don't blame yourself, blame your brain, say doctors who are using electronic pulses to rework hunger pathways in the brain. Go online to see how neurostimulation is helping the obese lose weight.

Comfort creatures

Call of the wild? More like mother and child if these photos are any indication of what the animal kingdom is truly like. Go to metronews.ca to see this heartwarming gallery.

Mobile news

A tiny blood-sucking parasite from the Caribbean has been named in honour of Jamaican reggae icon Bob Marley. Is it an homage to the singer or sly insult? Scan the code to find out more.

Just 15,000 inmates

Toews springs a jail surprise

Federal Public Safety Minister Vic Toews says predictions of an explosion in the prison population are not coming true.

Toews says the inmate population stood at just under 15,000 as of June 30 — almost 3,000 below estimates by the Correctional Service of Canada.

Toews says the numbers refute opposition suggestions the government's tough-on-crime laws will put more people behind bars.

The lower-than-expected numbers, he added, will allow the government to spend almost $1.5 billion less over the next seven years by not building prisons.

THE CANADIAN PRESS

Branson family

A space trip? That's kids stuff

Richard Branson's space flight will be a family affair: The British tycoon says his two adult children will join him on a two-hour journey on SpaceshipTwo next year — along with 120 others.

THE ASSOCIATED PRESS



Richard Branson reveals his space plans on Wednesday.
THE ASSOCIATED PRESS

Doctored photos

Petition targets Teen Vogue

Seventeen magazine promised them it would not alter body shapes in photographs. Now a group of teenage girls have collected 28,000 signatures asking Teen Vogue to stop digitally manipulating images.

The girls, affiliated with the protest group SPARK Movement, said Teen Vogue and other magazines present an unrealistic notion of beauty.

Teen Vogue said: "We feature healthy models on the pages of our magazine and shoot dozens of non-models and readers every year and do not retouch them to alter their body size. Teen Vogue pledges to continue this practice." THE ASSOCIATED PRESS

700 geese gassed in safety flap

Airliners in danger. Officials finally get permission to storm sanctuary near JFK airport in New York

U.S. wildlife officials finally got their hands on 700 Canada geese.

They've gassed the geese that were holed up in a bird refuge next to John F. Kennedy airport in New York.

The birds were considered prime culprits in deadly aviation strikes.

But they were untouchable living at the Jamaica Bay Wildlife Refuge, on protected land belonging to the U.S. National Park Service.

That all changed Monday, said USDA spokesperson Carol Bannerman.

Armed with U.S. Fish and Wildlife permits issued June 29, officials snared the 700 geese, shipped them to upstate New York for processing and will hand out the meat to food charities.

"Forty-six per cent of the strikes between civil aircraft and Canada geese occur in the summer," Bannerman said. "Eighty per cent of the strikes are with resident (as opposed to migratory) Canada geese.

"About half of these cause damage, $90-million worth over the last 20 years."

TORSTAR NEWS SERVICE

A true hero

One of the most famous Canada geese midair strikes produced true pilot heroism.

- **IMPACT.** Canada geese sucked into jet engines crippled U.S. Airways Flight 1549 out of LaGuardia on Jan. 15, 2009.
- **SPLASH.** Capt. Chesley Sullenberger managed to glide the plane into the Hudson River and save all 155 people on board.



Terror hits a picnic trip as school bus spins into gorge

This is the spot where a student picnic trip ended in tragedy. A crowd gathers round an upturned school bus that fell into a gorge after an accident in Nambalnar, about 47 kilometres from Srinagar, India, on Wednesday. Two died and dozens were injured, reports said. MUKHTAR KHAN/THE ASSSOCIATED PRESS

Zoo tragedy. Siberian tigers maul man to death — suicide not ruled out

Siberian tigers have fatally mauled a man inside an enclosure at the Copenhagen Zoo.

Investigators haven't ruled out suicide by the 21-year-old Afghan-born man.

"We don't know why he went in and why he ended up in the enclosure," said police spokesperson Lars Borg.

The man sustained multiple bite wounds to the throat, face, chest and a thigh.

He was granted Danish citizenship last month and his family has identified him, Borg said. Police declined to release his name.

Zoo manager Steffen Straede said it was the first time in the zoo's 152-year history that such an incident has occurred, and there are no plans to reassess its security or to put the tigers down.

THE ASSOCIATED PRESS



A tiger roams the Copenhagen Zoo den on Wednesday.
LINDA JOHANSEN/THE ASSOCIATED PRESS

Mystery. Man arrested, then one of U.K.'s richest women is found dead

She was one of Britain's richest women, but her fortune couldn't help her beat her addiction to drugs.

And now American-born Eva Rausing has been found dead in her west London home. A man, believed to be her husband, was arrested in connection with the case.

The 49-year-old was held on suspicion of drug possession. Later, a search of an address in London turned up Rausing's body.

Rausing, 48, was the wife of Hans Kristian Rausing, heir to the TetraPak fortune his father built by manufacturing laminated cardboard drink containers.

Both Rausing and her husband have had long-running and often public battles against addiction.

Scotland Yard said tests were being carried out on Rausing's body after an autopsy was inconclusive.

It added: "The death continues to be treated at this time as unexplained."

Rausing supported a number of charities that helped to fight addictions.

One of them — Action on Addiction — was among the first to express sadness over her death and praise her "wonderfully generous" support over the years.

THE ASSOCIATED PRESS

Tears. Japan's joy turns to sorrow as baby panda dies soon after birth

A baby giant panda died at a Tokyo zoo on Wednesday, less than a week after becoming the first to be born at the facility in 24 years.

The birth had created excitement across Japan, and the nation is mourning the baby's death.

Tokyo's Ueno Zoo said the male panda, which had not been named yet, died of pneumonia Wednesday morning.

A zookeeper found the baby, who was born last Thursday, lying belly-up and not breathing, on his seven-year-old mother's chest. Resuscitation efforts failed.

THE ASSOCIATED PRESS



The tiny baby panda, left, cuddles up to its mother after being born last Thursday. THE ASSOCIATED PRESS

Hazing death. Florida university president resigns amid scandal

The president of Florida A&M University resigned Wednesday, the same day the school was sued by parents of a drum major who died after being beaten by fellow band members in a hazing ritual. It was unclear if the two events were related.

Robert Champion's death put a spotlight on the controversial new-member rituals among some of the country's top college marching bands.

Champion died after fellow band members beat him aboard a bus parked outside a hotel following a football game in November against the school's archrival.

The school's trustees in June gave university president James Ammons a vote of no confidence after questioning his management of the band prior to Champion's death.

Champion's parents, Robert and Pamela, applauded Ammons' resignation, calling it part of a necessary "house cleaning" at the university.

Eleven band members face felony hazing charges and have pleaded not guilty. Their trial is scheduled to begin the same month as Ammons' resignation, in October.

THE ASSOCIATED PRESS

Sanctions rollback

U.S. set to invest in Myanmar oil

The United States is poised to allow U.S. companies to invest with Myanmar's state oil-and-gas enterprise as the Obama administration takes its biggest step yet to roll back sanctions.

THE ASSOCIATED PRESS

Suicide attack

Yemeni cadets killed in bombing

A suspected al-Qaida suicide bomber detonated his explosives among a crowd of Yemeni police cadets as they were leaving their academy Wednesday, killing at least 10 of them, according to security officials.

THE ASSOCIATED PRESS

Americans agree: 9-11 is TV event of past 50 years

Research. Despite consensus on No. 1, men and women differ on cultural impact of other memorable telecasts



In this Sept. 11, 2001, photo, the twin towers of the World Trade Center burn behind the Empire State Building in New York. A study released Wednesday found the television coverage of the Sept. 11 terrorist attack left the largest impression on viewers in the past 50 years. THE ASSOCIATED PRESS FILE

The Sept. 11, 2001, terrorist attack is by far the most memorable moment shared by television viewers during the past 50 years, a study released on Wednesday concluded.

The only thing that came close was President John F. Kennedy's assassination and its aftermath in 1963, but that was only for the people aged 55 and over who experienced those events as they happened instead of seeing them replayed as an historical artifact.

Sony Electronics and the Nielsen television research company collaborated on the survey. They ranked TV moments for their impact not just by asking people if they remembered watching them, but if they recalled where they watched it, who they were with and whether they talked to other people about what they had seen. By that measure, the Sept. 11 tragedy was nearly twice as impactful as the second-ranked moment, which was the coverage of Hurricane Katrina in 2005.

Men and women agreed on the three most impactful television events — Sept. 11, Katrina and O.J. Simpson. After that, some interests diverged.

For example, women ranked the 1997 funeral of Princess Diana as the fourth most memorable event, while men put that at No. 23. Young people ranked Barack Obama's election night speech in 2008 at No. 3, while older viewers ranked it 24. THE ASSOCIATED PRESS



Wendy Cross, shown in Atlanta on Tuesday, is out $300,000 US after bank director Aubrey Lee Price allegedly fled the country with $17 million of his clients' money.
DAVID GOLDMAN/THE ASSOCIATED PRESS

U.S. bank director disappears with $17M

After penning a rambling confession to financial regulators and writing notes to his family, a south Georgia bank director boarded a ferry in Florida and disappeared.

Now local and federal investigators are trying to determine whether Aubrey Lee Price killed himself, as his lengthy confession would have them believe, or whether he slipped away with $17 million US of investors' money. His family has told authorities they believe he's dead, but federal investigators aren't so sure and have offered $20,000 for information leading to his arrest.

"I created false statements, covered up my losses and deceived and hurt the very people I was trying to help," says the confession letter investigators believe was written by Price.

Wendy Cross moved about $300,000 to Price's firm after a trusted financial adviser told her it would be a good investment. She met Price in person once. She described a very religious, soft-spoken man with a gentle demeanour and an air of kindness. "He should have won an Oscar for his performance that day," she said. "He has left a path of financial carnage."

Price left his home in south Georgia on June 16, telling his family he was headed to Guatemala for business, said Sgt. Aaron Pritchett of the Lowndes County Sheriff's Office.

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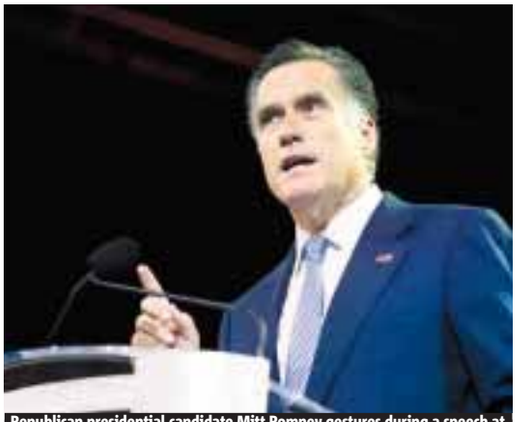


Train hauling ethanol derails in Ohio

This aerial photograph shows a derailed freight train on Wednesday in Columbus, Ohio. Part of the freight train carrying ethanol derailed and caught fire early Wednesday, shooting flames skyward into the darkness and prompting the evacuation of an area more than a kilometre wide as firefighters and hazardous materials crews monitored the blaze. EAMON QUEENEY/THE COLUMBUS DISPATCH/THE ASSOCIATED PRESS

Romney booed during pitch to black voters

NAACP. U.S. presidential candidate takes shots at Obama while attempting to reach out to key demographic



Republican presidential candidate Mitt Romney gestures during a speech at the NAACP annual convention in Houston. EVAN VUCCI/THE ASSOCIATED PRESS

Republican presidential candidate Mitt Romney made a major pitch to black voters Wednesday with a heavy emphasis on the economy, but was booed when he promised to get rid of the Obama administration's health-care overhaul.

"I will kill every expensive and unnecessary program I can find, and that includes Obamacare," Romney said, then waited and smiled through the crowd's disapproval.

He faced more boos when he criticized President Barack Obama, who won 95 per cent of the black vote in 2008, and expects high support again in the November election.

Republicans and Democrats said Romney was making a statement just by speaking to the oldest U.S. civil-rights group. His speech tried to show independent and swing voters that his campaign is inclusive.

"If equal opportunity in America were an accomplished fact, then a chronically bad economy would be equally bad for everyone," Romney told the annual meeting of the National Association for the Advancement of Colored People. "Instead, it's worse for African Americans in almost every way."

The economy is the main issue in this year's tight presidential race. And with the U.S. unemployment rate stuck at 8.2 per cent, it is an area where Obama is especially vulnerable.

The unemployment rate among blacks is even higher at 14.4 per cent. Romney argued he's best suited to create more jobs. THE ASSOCIATED PRESS

Quoted

"He'll be standing in that room asking people for their votes at the same time that Republican legislators are trying to disenfranchise minority communities."

Karen Finney, Democratic consultant

Mississippi's only abortion clinic will remain open

A federal judge on Wednesday continued to block a law that threatened to shut down Mississippi's only abortion clinic and make it nearly impossible for a woman in one of the poorest states in the U.S. to have the procedure.

U.S. District Judge Daniel P. Jordan III temporarily blocked the state law July 1 and extended that order Wednesday. He did not say how long it would last.

The U.S. Supreme Court has ruled that states can't create undue burdens or substantial obstacles for women seeking abortion. The law would require anyone performing clinic abortions to be an OB-GYN with privileges to admit patients to a local hospital. The doctors at the clinic do not have those privileges, and the clinic says the privileges aren't medically necessary.

By the numbers

3,000

Jackson Women's Health Organization says in court papers that the clinic did about 3,000 abortions in 18 months.

Supporters of the law say it's designed to protect patients. Republican Gov. Phil Bryant says he hopes it will help make Mississippi "abortion-free."

The clinic, Jackson Women's Health Organization, says it has been unable to obtain admitting privileges for its two out-of-state OB-GYNs because local hospitals have not responded to their requests. The privileges can be difficult to get because hospitals might not grant them to out-of-state physicians, or hospitals with religious affiliations might not give them to doctors who perform abortions.

"If they're denied or if the hospitals are dragging their feet, that's going to be more clear evidence that there's a substantial obstacle" to access to an abortion, clinic attorney Robert McDuff said.

The clinic uses out-of-state physicians because in-state physicians generally don't want to face the social pressure of having protesters at their offices, homes or churches, clinic employees say. THE ASSOCIATED PRESS

Forced abortion

Family accepts cash settlement

The family of a woman forced to undergo an abortion because she ran afoul of China's one-child policy has accepted a cash settlement, apparently ending a controversy that caused a public uproar and embarrassed the government.

Feng Jianmei's husband, Deng Jiyuan, told The Associated Press on Wednesday that the family accepted the settlement of 70,600 yuan ($11,200 US) because they wanted to return to a normal life.

Feng was beaten by local officials and forced to abort her baby last month, seven months into her pregnancy, because she did not have 40,000 yuan ($6,300 US) to pay the fine for having a second child. THE ASSOCIATED PRESS

Mauled. Raccoons chase, bite Washington woman

A Washington state woman says she was attacked and bitten by raccoons after her dog chased several of the animals up a tree.

Michaela Lee had just finished jogging in Lakewood's Fort Steilacoom Park on Monday when her dog got loose.

When she went to grab the dog's leash, several other raccoons started to scratch her legs, chased her for more than 20 metres, knocked her down and bit her.

Neighbour Michael Parks tells the News Tribune he heard Lee screaming and saw her on the ground. He called 911.

Two other neighbours also went to help. Lee says her American dingo dog began barking and helped drive the raccoons off.



Michaela Lee is recovering after being attacked by five raccoons. LUI KIT WONG/THE ASSOCIATED PRESS

The 28-year-old Lee was treated for about 16 puncture wounds and had numerous scratches. THE ASSOCIATED PRESS

Q2. Consumer spending up, but June figures suggest slowdown: Study

Consumer spending increased in the second quarter compared with a year ago but that figures for June point to a slowdown, according to a report by credit- and debit-card processor Moneris Solutions.

Moneris said Wednesday that, overall, consumer spending increased 4.67 per cent year-over-year in the quarter, but that the smallest amount of growth, 3.72 per cent, occurred in June.

"While the Canadian economy continued to experience healthy growth in the second quarter of 2012, some signs point to a potential reduction in spending," said Jim Baumgartner, president and CEO, Moneris Solutions.

Economists have also been predicting a slowdown in spending, as consumer debt levels are already at all-time highs, and it's expected that Canadians will rein in their expenses.

During the second quarter, the entertainment category saw the highest increase in overall spending in the quarter, up 9.43 per cent, while hotels and restaurants came in a close second, with growths of 6.75 and 6.41 per cent, respectively.

The specialty retail category also experienced strong growth, with stationery (6.62 per cent), florists (6.33 per cent) and pet shops (6.14 per cent) leading the increase in dollars spent.

THE CANADIAN PRESS

Modest growth

2.74%

Apparel, a traditionally strong spending category for Canadians, experienced more modest growth, with an increase of 2.74 per cent compared to the same period last year, Moneris said.

San Bernardino

Another California city goes bankrupt

As recently as last month, no city in California had opted for bankruptcy since 2008, and no U.S. city of more than 200,000 people had ever chosen that route.

The past two weeks have changed that, as the fiscal struggles faced by many American cities became too much for some to bear. San Bernardino became the third California city in that small span to choose Chapter 9 bankruptcy protection with a city council vote on Tuesday night.

The city of about 210,000 people will also become the second-largest in the nation ever to file for bankruptcy.

Stockton, the northern California city of nearly 300,000, became the biggest when it filed for Chapter 9 on June 28. The much smaller city of Mammoth Lakes voted for bankruptcy July 3.

THE ASSOCIATED PRESS

Market Minute

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TSX 11,544.64 (+32.42)

OIL $85.81 US (+$1.90)

GOLD $1,575.70 US (-$4.10)

Natural gas: $2.853 US (+11.6¢)
Dow Jones: 12,604.53 (-48.59)

Energy. Minister can't say who gave order to cancel Ontario gas plant

Energy Minister Chris Bentley was at a loss Wednesday to say who made the decision to pull the plug on a gas plant in Mississauga, Ont., just a few days before last year's election, a move that will cost the cash-strapped province $180 million.

Bentley would only say that the announcement was made through a Liberal party press release, and couldn't clear up whether it was the party or Premier Dalton McGuinty who ultimately made the call.

He was only appointed energy minister after the election, he told a legislative committee. Bentley couldn't say whether taxpayers are on the hook for the move or if the cost will show up on hydro bills.

THE CANADIAN PRESS

Quoted

"I wasn't part of that decision."

Energy Minister Chris Bentley, on who made the move to cancel a planned gas plant in Mississauga, Ont., last year

Cool cash can't handle the heat

Melting money. New polymer banknotes reportedly don't stand up to this summer's sweltering conditions



GRAHAM LANKTREE
Metro in Ottawa



Shrivelled bills were all one man found after he stored his money in a tin near a heater. CONTRIBUTED/CAMBRIDGE TIMES

Despite having more security features than you can shake a stick at, Canada's new polymer-based banknotes may have one weakness — the sweltering summer heat.

Brittney Halldorson, a teller at the Interior Savings Credit Union in Kelowna, says the new $50 and $100 bills are supposed to withstand boiling water, but she has seen cases where several of the bills melted.

"We have seen it a few times now where there have been either three to four, or five to 10 (bills) all melted together," she said.

In January, a report from Cambridge, Ont., noted that a man who stored his bills in a tin box near a heater returned the next day to find them shriveled and melted together.

"We've put these notes through a lot of testing so that they stand up to our very hot summers and cold winters. The notes perform as intended under the conditions," said Julie Girard, a currency spokesperson for the Bank of Canada.

Girard said that if anyone has a bill that has been damaged in any way, they can have the money replaced by filling out a form on the bank's website.

The bank's new $20 note is set for release this November, Girard said, and the remaining $5 and $10 denominations will be out before the end of 2013.

Follow Graham Lanktree on Twitter @MetroGraham

Oil. Lessons learned from Michigan spill: Enbridge

Lessons learned from an Enbridge pipeline spill in Michigan two years ago will be applied to the controversial Northern Gateway pipeline and other future projects, the soon-to-be CEO of the pipeline company said Wednesday.

"We haven't just been sitting around for the past two years," Enbridge president Al Monaco told reporters at the TD Securities Energy Conference.

"We made lots of enhancements in various areas of our business and we're going to continue to apply those learnings."

Monaco made his remarks a day after a report by the U.S. National Transportation Safety Board slammed the company's response to the leak, in which some three million litres of crude spilled into wetlands, a creek and the Kalamazoo River.

Some employees are "no longer with us," said Monaco when asked if anyone had been disciplined following the spill. He declined to be more specific. THE CANADIAN PRESS

RIM's board takes heat over changes

Research In Motion has taken many hits in recent months, but the composition of the BlackBerry maker's board of directors is a growing concern for some shareholders who are pushing for major changes sooner rather than later.

Vague assurances by chairwoman Barbara Stymiest of changes to come at the company's annual meeting this week left some, including activist shareholder Vic Alboini of Jaguar Financial, unsatisfied and calling for a makeover of the board now.

Alboini, who declared his hard stance at the shareholder gathering, showed no signs of letting up Wednesday, saying chief executive Thorsten Heins was not suited for the job.

"I think he should be gone from the company. He was there for the last five years and he was part of the problem," Alboini said in an interview Wednesday.

Alboini has called for RIM to bring on more diverse board members, including one from Silicon Valley and two from New York, adding that the company could also benefit from additional non-Canadian members.

"You might also need somebody in Southeast Asia," he said, of a market that RIM has proclaimed of particular interest as it looks to push sales of its older BlackBerry smartphones in the short term.

RIM is in the midst of a massive layoff of about 5,000 employees in an effort to help save about $1 billion by the end of fiscal 2013.

THE CANADIAN PRESS

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MAN VS. TOILET: THE ETERNAL STRUGGLE



HE SAYS...
John Mazerolle
metronews.ca/hesays

Today, I am a man.

I mean, I've been male for as long as I can remember. But I've never been a guy's guy. I like hockey because of the elegant flow. I like The Tragically Hip because of the delicate lyrics. And I like MMA because I enjoy watching jackasses in bars swinging their fists at the TV and yelling "Kill him!" when the screen is showing two men hugging on the floor.

This lack of manhood made me uncertain when confronted with the challenge every true man must face: The clogged toilet.

I had to cross the Rubicon, and it wasn't flowing properly.

It started as all clogs do, with the water rising towards the top of the bowl and me willing it to stop with a battle cry of "No, no, no!" and staring at it really hard.

Defeated

At one point the toilet ripped the plunger from my hands, broke it in two and spit it across the room, chuckling at me. The toilet will independently confirm this story.

I tried to defeat it with the plunger. But this was no ordinary clog. You know those movies where fighter jets are flying around The Squid From Beyond the Stars and their missiles do nothing? That was my plunger.

At one point the toilet ripped the plunger from my hands, broke it in two and spit it across the room, chuckling at me. The toilet will independently confirm this story.

This was my darkest hour. So I did as many great warriors through history have done when all seemed lost. I turned to the sages. In this case, plumbers on YouTube with Louisiana accents who brag about their toilets the way other guys show off their sports cars.

Here I learned about my silver bullet, my Excalibur, my Star Trek technology that solves everything and is then forgotten in all future episodes.

I learned of the closet auger — a big snake that goes into the toilet, grabs the evil inside, and rips it out of the Hellmouth. It seemed a little out of my depth, but I'd have used a whip and chair if they'd told me to.

I asked a few acquaintances at the local watering hole if they had an auger. Because I had not yet earned the respect of my fellow men, they all asked me the same thing: "Did you try a plunger?" as if I'd never heard of one. I assume they imagined me standing in the bowl and jumping up and down.

I ventured into a hardware store, chose my weapon, and pulled from the toilet the source of all evil: One sock. How a sock ended up in the toilet I cannot be sure, but I'm going to assume the toilet ate a previous owner.

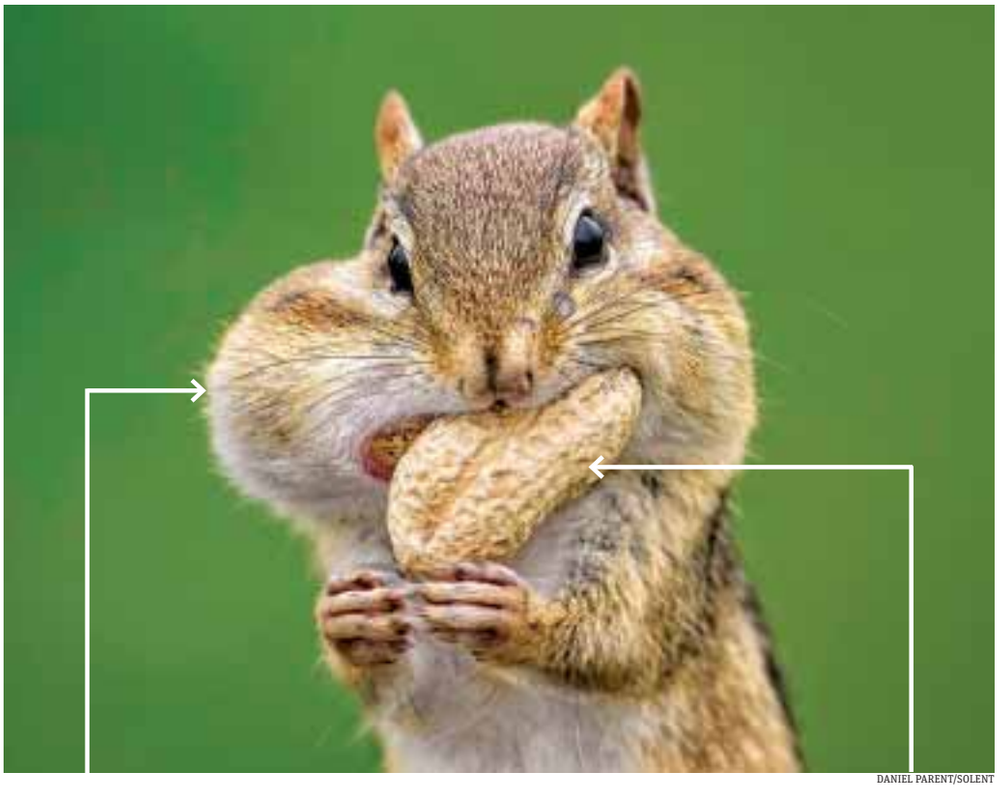
So, now, I am a man. I faced my fears, the enemy without and within, and came away a hero. If you need your toilet unclogged, I will gird my loins and once again make the plunge — a man for all times.

I also understand women do this sort of thing without making a big fuss. If you're into that sort of thing.



Every man's nemesis: the toilet. ISTOCK

This chipmunk has gone nuts



DANIEL PARENT/SOLENT

Wildlife photography

Funny chipmunk gorges on nuts

This greedy, and indeed cheeky, chipmunk appeared to have bitten off more than he could chew when he got into a pile of peanuts.

The cute critter was part of a group of eight that had been given the nuts to share.

Metro chatted with Daniel Parent about his amusing photograph.

METRO



Daniel Parent, 51, is a photographer from Gatineau, Que. JIM CUMMING

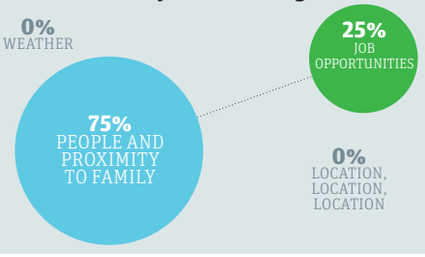
Parent on his experience

- **How did this happen?** "I was photographing a rare leucistic chipmunk in Ottawa, and was using the peanuts to distract the regular chipmunks," Parent explains. "There were about eight of them and some appeared to be quite greedy and stuffed their mouths, creating this amusing photo opportunity. I wasn't counting but I think some chipmunks easily got two peanuts into their cheeks, some of the more ambitious tried to get more. I sat about six metres away with my camera and waited for the chipmunks to come and get the peanuts."
- **Chipmunk challenge.** "Chipmunks are quick and most just grabbed a peanut and left," Parent says. "It took some time for this chipmunk to stay still and try to put as many peanuts in its mouth. Then I had to be in the right position to capture a moment in time when the chipmunk was in sight and stayed moderately still."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What makes a city worth living in?



Twitter

@debbehjane: Don't make frowns, you silly clown. #regina

@goaliemom9: Is that thunder I hear?! What happened to my sunshine #skstorm #Regina

@erp_sasktrade: Green Spots cinnamon bun wednesday always makes my stomach happy #yqr #humpdaypraises

@nickymla: Just saw lightning hit a power-pole in east #yqr! Beware of dangerous #skstorm

@MigrateGatsby: Bit of Snack Shack action after #craven on the way back to #yqr

@m_clev: Not sure I want to look outside. Either my WN app glitched or the worlds on fire. #yqr #skstorm

metro

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Out with the old, in with the old for These Estates



Regina-based band, These Estates, performing at their single-release show at The Club on July 9. CONTRIBUTED

Pay what you want.
These Estates find fans to be a generous bunch with new single release



BACKSTAGE PASS
PAUL BOGDAN
regina@metronews.ca

Describing the cover art of your rock 'n' roll band's new record as, "a really early 1900s record album, before the concept of putting photos and artwork on albums," is the quite unorthodox description These Estates' bassist/baritone guitarist, Mason Pitzel gives for the band's seven-inch single, Soiled Hands b/w Autumn in a Foreign Country, which they released this past Monday.

"There might as well be a conductor in a tux doing this," said guitarist John Cameron at O'Hanlon's pub, where he and Pitzel sat down with Metro.

Forgoing the accustomed route of releasing an EP or LP's worth of material on a CD, These Estates chose to release only a single and have it pressed to vinyl and simultaneously offering it as a digital download.

"We basically wanted to give it — while being as cheap as possible — the best release that we could," said Pitzel.

Both members agreed on the growing irrelevance of releasing music on a CD.

"There's almost no reason to release a CD anymore because a CD was always just about being able to distribute a cheap, digital reproduction of music," said Cameron.

Notwithstanding, These Estates have considered releasing material in the future on vinyl with CDs tucked into the packaging to avoid bugs and issues that can sometimes accompany download codes.

"I think we're going vinyl only with CDs tucked in," said Cameron.

"If we can afford to," clarified Pitzel. "If not, then we'll just do the vinyl with a download."

These Estates also forwent giving Soiled Hands b/w Autumn in a Foreign Country a set price, instead employing a pay-what-you-want model with a minimum price of $5, and they found that not all Canadians are Scrooges.

"We've found people are paying us way more than the asking price. I expected everybody to be, 'Five bucks for a record? Sign me up!' But people are going above and beyond, which is surprising but really cool," said Cameron.

"It's cool, but obviously not a thing that's limited to us. That's the nice thing about a pay-what-you-want model," added Pitzel.

Quoted

"The best format for releasing music is vinyl with a download because you get the high quality, permanent analogue recording and then you get the one you can jog with."

These Estates bassist/baritone guitarist Maron Pitzel.

2 SCENE

Entertainment in brief

Courtney Love being sued, again

Courtney Love's former assistant is suing over unpaid wages and claims the rocker made unethical requests such as instructing her to hire a hacker and falsify legal letters. Jessica Labrie filed the wrongful termination, wage and breach of contract lawsuit in Los Angeles on Tuesday. The suit states Labrie worked as Love's administrative assistant for about a year in 2010 and 2011, but was fired after complaining she was owed thousands in unpaid wages and expenses for business trips.
THE ASSOCIATED PRESS

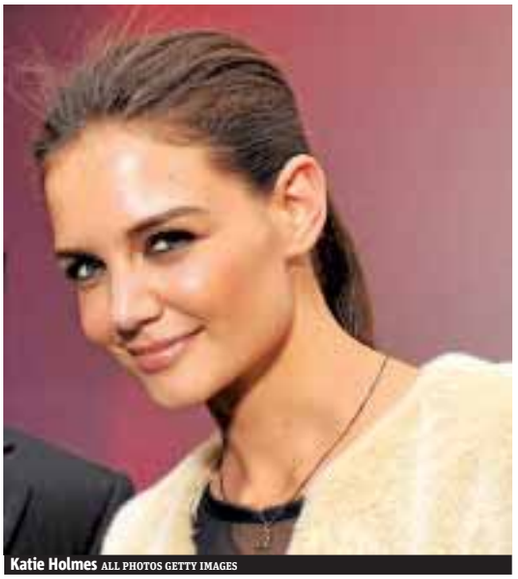
On the web

Hollywood-driven Stand Up to Cancer telethon returns in September to raise money, awareness

NEED A RIDE?
Read metrodrive every Wednesday.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Katie Holmes ALL PHOTOS GETTY IMAGES

Katie Holmes went to Cruise's ex-wife for advice on divorce

Katie Holmes reportedly had some high-profile sounding boards as she planned her exit from her marriage to Tom Cruise — including Cruise's second ex-wife, Nicole Kidman, according to Us Weekly.

"They've spoken over the last few weeks," a source says. "Nicole has been supportive, saying she's been through it too and to hang in there. Nicole offered her support and help."

The two first became acquainted when Holmes married Cruise in 2006.

"She has been a private friend not many people know about," the source explains.

So how did Holmes reach out to Kidman on the sly? The L.A. Times reports that Holmes used a disposable cell phone provided by a friend to plot her divorce without raising alarms.



Lindsay Lohan.

Lohan looking for role in upcoming Scary Movie 5

With production wrapped on her Elizabeth Taylor biopic for the Lifetime cable network, Lindsay Lohan is looking to keep her work streak going.

Now, she's reportedly in talks with producer Bob Weinstein about joining the cast of next year's Scary Movie 5, according to the New York Post.

It's not clear how big of a role Lohan would have in the horror film spoof, which would be the first installment in the series not to feature star Anna Faris.

The Word



Travis Barker still struggles with flying after famous crash

THE WORD
Monica Weymouth
scene@metronews.ca

Four years after surviving a deadly plane crash, Travis Barker is still understandably hesitant to fly, and his travel restrictions are making the latest Blink 182 tour a little difficult.

"This will be the big tour that supports the album in Europe. Mind you, I'm not flying, so it's hard to say what the band could do or what its potential is, because I can't really get everywhere," the drummer tells Red Bulletin magazine.

Barker is, however, planning to give it another go if the tour takes them down under.

"I'm contemplating getting knocked out and getting on a plane to Australia. I want to overcome that eventually," he continues. "When I do, I think it's going to be Qantas. They never had a crash, never had a fatality — knock on wood. It's something I want to overcome."

We salute you, Travis. Take care and treat yourself to some premium tranquilizers — you could totally afford to hire Ira Glass to talk about baby kangaroos for the entire 20 hours.



Adele.

Adele expecting much sooner than thought

Adele announced she was pregnant late last month, with new rumors following that she's also engaged to the baby's father, Simon Konecki.

Well, now sources tell Heatworld.com that the British singer is actually much farther along in her pregnancy than previously thought — and is due in September.

"Adele has barely left the house in recent months, so she could keep this to herself for as long as possible," the source says.



Jessica Biel

Biel comfortable with Timberlake picking the pants in the relationship

Jessica Biel doesn't mind being the less fashion-conscious of the couple compared to fiancé Justin Timberlake.

"He is fearless in his choices and has a real eye for design. And I'll be honest: He has better taste than I do," she tells InStyle.

"When I walk out of the closet after getting dressed in the morning, I'll go like this and turn palms upward as if to say, 'Well?' And he goes like this and shakes his head no. Then he picks again. It's hilarious."

Twitter



@BetteMidler
Why does every girl in TopShop look exactly alike? What am I doing in TopShop?



@russellcrowe
did this thing where you do 10 push ups, prone hold for 30 secs, 9 push ups,prone hold 30 secs etc, only takes 6 or 7 minutes but it got me



@ElizabethBanks
My kid opened a magazine to a picture of an Estée Lauder fragrance model, pointed and yelled "mama!" ◙#bestkidever◙ ◙#mademyday



@SethMacFarlane
Wanna just get away from it all. Which campground gets the best iPhone reception?

Attention men, it's about to get loud

Trend alert. With a riot of hot colours, prints and metallics, the spring/summer '13 men's wear shows are not for the shy

RICHARD PECKETT
life@metronews.ca

Seemingly, these days, men are more sartorially daring and, boy, are they going to need to be, judging by the menagerie of prints on offer. Dolce and Gabbana looked to a Sicily of old, with images of Sicilian barrows, puppets ('pupi') and temples, all desirably nostalgic. In contrast, Dries Van Noten combined camouflage and leopard — disguise or defence?

Whatever the meaning is, you won't be overlooked in these. Kenzo continued the camo trope with a look to the jungle. That's the urban jungle with abstracted leopard print and tiger stripes of baggy shorts and boxy tees — a key trend for the season.

Metallics: feel the steel

Think of metallics and you're probably picturing a man in a tin foil robot suit. Lanvin's monochromes were broken up with futuristic, cyborg-esque tailoring, shorts and a rather splendid pea coat, all accentuated by the dead-eyed models. But it was Versace who ramped it up with a homoerotic gladiatorial extravaganza. The outerwear and accessories appeared as a campy Mad Max-Matrix hybrid. Burberry took a break from the sobriety of its recent shows by further continuing the sci-fi motif, with models resembling Blade Runner-esque replicants with ice blue shirts and fuchsia trenches.

Colours are hotting up

This season a pop of colour has progressed, thanks to the likes of Gucci who cut tailoring among other pieces in leaf green, mustard yellow and reds that ran the gamut. Ghastly? No, captivating. Similarly red, the most evocative of colours was used to great effect at Dior Homme where the shade held the eye amongst an almost entirely navy collection. However, Louis Vuitton's Damier luxury luggage shared the runway with, shock, a not-so-mellow yellow. Yachting-style slickers — in commemoration of the 30th anniversary of the Louis Vuitton Cup — moved towards lurid scuba gear before returning to the Paris house's tailoring sensibility.


Gucci CONTRIBUTED


Dolce & Gabbana CONTRIBUTED


Louis Vuitton CONTRIBUTED


Emporio Armani CONTRIBUTED

Try this look

Bare your arms

To pull off this trend you best get working on those biceps. Givenchy, Jean Paul Gaultier and Acne all pumped out the look.


Acne / CONTRIBUTED


Kenzo CONTRIBUTED

Try this look

Shorts go long

After a few seasons of tight, tailored shorts, the designers like Jil Sander, 3.1 Phillip Lim, Emporio Armani and Alexander Wang have relaxed the look with some chilled out, baggy styles. Takes the pressure off having a good butt, gentlemen.

3 LIFE

Fashion Flash

Aeropostale taps Chloe Moretz as its model and style curator

At age 15, actress Chloe Grace Moretz is already an ambassador. It's for Aeropostale, the youthful fashion brand, and it's a job that's likely to come with some clout and influence — especially with teenage shoppers. Moretz will be featured in advertisements through next spring, largely wearing clothing she's selected and styled herself. She will also curate collections in-store and online. "I get my own section, I got to pull my own clothes. Girls can go and see what I love and what I wear in the shoots. It's a way for me to be in touch with girls," Moretz said in a recent phone interview. Moretz starred in Hugo and The Amityville Horror and has the title role in the upcoming remake of the horror classic Carrie.

THE ASSOCIATED PRESS

On the Web

Cowboy hats on royal heads bring Calgary company booming business

Keep cool with haute home decor



Blocking the sunlight and controlling air flow are two ways to keep your space feeling cooler this summer. HUNTER DOUGLAS

Beat the heat. When the temperature rises, stay fresh and cold with these sleek, simple cooling devices



DESIGN CENTRE
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home@metronews.ca

With record-breaking temperatures this summer and the thermometer expected to keep rising throughout most of the country this week, it's important to not only look cool, but to keep your home cool too.

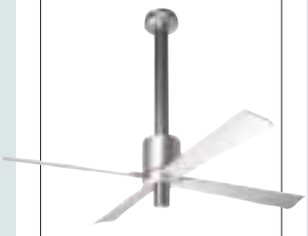
Here are a few homeowner-friendly products that will keep you cool — and keep your home looking chic. None require major installation, and all are cool-looking (and feeling!) and well worth the money.

Cool the air

Spot cooling with a portable air conditioner is a great way to save energy by only cooling the areas of your home that you use on a regular basis. The DeLonghi Pinguino portable air conditioner has handles and castors for easy portability. Its 9000 BTUs can cool up to 350 square feet, and the built-in fan, dehumidifier with silent operation and remote control will be your climate-control friend year-round.



Portable air conditioners allow for spot cooling when air conditioners can't be installed. DeLonghi Pinguino Portable 9000, $500, Delonghi.ca



Move the air

A ceiling fan can help reduce scorching temperatures by six to 10 per cent and costs little to run. In the winter it can help to improve air circulation and distribute heat that rises toward ceilings and in corners of a room, helping to get rid of condensation on windows. The Modern Fan Company's Pensi aluminum ceiling fan (with a fabulous discrete light) boasts an ultra-modern sleek look for the minimalist decorator.

The Pensi ceiling fan keeps you cool with a clean, industrial look. $480, ModernFan.com

Choose your breeze

Tabletop fans bring a cool breeze into warm spots at night and circulate the air during the day. The Dyson Air Multiplier AM01 fan works without blades, which means air isn't "chopped," creating that annoying buffering sound. The Air Multifier technology amplifies surrounding air and creates an uninterrupted stream of air. It's not only efficient, but beautifully sculptural too.



Portable fans can cool a room but add sculptural interest. Air Multiplier M01 fan, $400, DysonCanada.ca



Block the heat

The beauty of window coverings is that they give you full control of light and keep heat out in the summer. Hunter Douglas Architella Honeycomb Shades not only offer up modern style, but also energy efficiency — three air pockets within the honeycomb provide an R-value of up to 7.75 (a 4 R-value will prevent up to 75 per cent heat or cold loss through a window) and will insulate your window from the hot rays hitting the windows.

Window shades keep the heat out in summer and the cold out in winter. Architella Honeycomb Shades, starting at $250, Hunter-Douglas.ca

Ironing

Beat linen woes with this combo

During the summer months, I face the usual dilemma of whether or not I should iron my summer linen wardrobe. If I iron it, what's the best way to do this as easily and effortlessly as possible?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Whether you should iron your linen is a personal fashion statement. But I can help you get rid of the wrinkles.

In order to iron linen successfully, you need the clothing to be humid combined with the heat of a hot iron. Without both you can never iron successfully.

Why humidity? Won't a hot iron get rid of the wrinkles? Surprisingly, no.

Most people hate ironing because they don't have good results. They iron with heat but no humidity and get frustrated when the wrinkles don't disappear.

Steam created when you iron clothing with a combination of humidity and heat allows the linen fibres to relax and get rid of the wrinkles.



In order to iron successfully, you need a combination of heat and humidity. ISTOCK IMAGES

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Tuna, salmon and crabmeat combine to make diabetic-friendly Seafood Burgers

"This burger goes far beyond the fast-food variety," Angela Medearis says in her book The Kitchen Diva's Diabetic Cookbook. "Imitation crabmeat, canned tuna, or salmon all make delicious seafood burgers, and are a healthy source of omega-3 fatty acids. Try a combination of all three for a tasty treat."

Seafood Burgers



This recipe serves six. THE CANADIAN PRESS H/O

Ingredients

- 1 lb imitation crabmeat, canned tuna packed in water, or canned salmon
- 1 large egg, lightly beaten
- 1/2 cup whole-wheat panko breadcrumbs
- 1/4 cup plain low-fat Greek yogurt
- 2 tbsp low-fat mayonnaise
- 1/3 cup finely chopped celery
- 1/4 cup finely chopped red bell pepper
- 2 scallions, including green parts, finely chopped
- 1 tsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp poultry seasoning
- 1/4 tsp cayenne pepper
- 1 tsp ground black pepper
- 6 whole-wheat hamburger buns, split and toasted
- 1/2 cup shredded lettuce
- 1 avocado, peeled, pitted and sliced

1. In a large bowl, combine the crabmeat, salmon tuna (or all three), egg, bread crumbs, yogurt, mayonnaise, celery, bell pepper, scallions, mustard, lemon juice, poultry seasoning, cayenne and black pepper. Mix gently, then form into 6 patties.

2. Refrigerate for 30 minutes.

3. Heat the oven to broil. Coat a baking sheet with cooking spray.

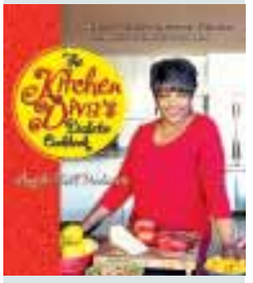
4. Arrange the patties on the prepared baking sheet. Broil for 3 to 4 minutes, then carefully flip and broil for another 3 to 4 minutes, or until golden brown.

5. Place each burger in a toasted bun and top with lettuce and avocado slices.

THE CANADIAN PRESS/ RECIPE ADAPTED FROM ANGELA SHELF MEDEARIS' THE KITCHEN DIVA'S DIABETIC COOKBOOK, ANDREWS MCMEEL, 2012

Book of the week

Modern spin on Diabetes cooking



Angela Shelf Medearis releases an inspirational collection of more than 150 simple, flavourful and budget-friendly recipes in her book The Kitchen Diva's Diabetic Cookbook.

Recipes address dietary needs of prediabetics, juvenile diabetics, type 1 and type 2 diabetics, and more.

You'll find recipes featured on The Dr. Oz Show such as Buttermilk Pecan-Crusted Tilapia as well as Jerk Chicken Salad, Herb Cauliflower Couscous and more. A detailed nutritional and caloric analysis is included in each recipe to ensure that daily nutritional requirements are met.

METRO

Sweet & Savoury.

Spinach & Savoy Cabbage Slaw with Roasted Beets



To roast the beets in this recipe, wrap them together in foil and bake at 425 F (220 C) for 1 hour or until tender when tested with the tip of a knife. If you're running low on time, you can also use store-bought pickled beets.

1. Whisk together vinegar, oil, soy sauce, hot pepper jelly, ginger and garlic. Toss with shredded cabbage, spinach, green onions and sesame seeds.

2. Cut roasted beets into wedges and gently toss with salad. Sprinkle blue cheese over and serve immediately.

NEWS CANADA

Ingredients

- 4 tbsp (60 ml) seasoned rice wine vinegar
- 2 tbsp (30 ml) sesame oil
- 2 tsp (10 ml) soy sauce
- 1 tsp (5 ml) hot pepper jelly, melted
- 1 tsp (5 ml) ginger, finely minced
- 1 tsp (5 ml) garlic, minced
- 4 cups (1 l) savoy cabbage, cored and shredded
- 3 cups (750 ml) baby spinach
- 4 green onions, finely sliced
- 2 tbsp (30 ml) toasted sesame seeds
- 4 medium roasted beets
- 2 tbsp (30 ml) crumbled blue cheese

Leftover rice gets new life in quick Chorizo Rice Frittata

This 20-minute meal is perfect for a rushed weekday supper. Serve it with a mixed green salad.

1. Heat a 25-cm (10-inch) ceramic, enamelled cast-iron or non-stick, oven-safe skillet over medium-high heat; add oil. Cook sausage, onion and red pepper, breaking sausage up with wooden spoon, until sausage is crumbled and cooked through, about 3 minutes. Stir in rice, paprika, salt and pepper; cook until heated through, about 1 minute.

2. Meanwhile, in a bowl, whisk eggs, milk, parsley; pour evenly over sausage mixture. Cover and cook over medium heat until bottom and sides are firm and top is almost set, about 8 minutes.

3. Sprinkle with cheese; transfer to a preheated oven and broil on high, watching closely, until cheese is bubbly, and frittata set, about 2 minutes.

4. Let stand 5 minutes. Slide onto cutting board and cut in wedges.

THE CANADIAN PRESS/USA RICE FEDERATION, RICEINFO.COM



This recipe serves eight. THE CANADIAN PRESS H/O

Ingredients

- 15 ml (1 tbsp) olive oil
- 375 g (12 oz) fresh chorizo pork sausages (about 3), casings removed
- 1 small onion, diced
- Half sweet red pepper, diced
- 250 ml (1 cup) cooked medium- or long-grain white rice
- 4 ml (3/4 tsp) smoked or sweet paprika
- 1 ml (1/4 tsp) each salt and pepper
- 10 eggs
- 50 ml (1/4 cup) 10 per cent cream or whole milk
- 45 ml (3 tbsp) chopped fresh parsley
- 125 ml (1/2 cup) grated Manchego cheese or cheddar cheese

4

SPORTS

NHL

Vlasic strikes deal to stay a Shark

The San Jose Sharks have signed defenceman Marc-Edouard Vlasic to a five-year contract extension through the 2017-18 season. The 25-year-old Vlasic led the Sharks with 171 blocked shots last season.
THE ASSOCIATED PRESS

Cycling

French favourite wins Tour stage

Thomas Voeckler of France led a five-rider breakaway to win the 10th stage of the Tour de France as the race entered the Alps on Wednesday, while Bradley Wiggins retained the overall lead.
THE ASSOCIATED PRESS



Thomas Voeckler crosses the finish-line on Wednesday. THE ASSOCIATED PRESS

NBA

The Tim Duncan era continues

The San Antonio Spurs announced Wednesday that they re-signed Tim Duncan, bringing back the 36-year-old forward for at least a 16th season.

Terms of the deal were not disclosed.
THE ASSOCIATED PRESS

NBA



"I'm not going to come in and expect for coach to cater to who I am and what I do."

Ray Allen, who will make $3 million this season after officially signing a contract with the Miami Heat on Wednesday.

Returners running away with accolades through Week 2

CFL. Return game turns heads with TD outburst in opening two weeks

Mike Benevides is 2-0 as a CFL head coach, thanks to the B.C. Lions special teams.

The defending Grey Cup champions haven't skipped a beat with their rookie head coach. But Benevides says the Lions wouldn't be undefeated if not for the play of Tim Brown, the CFL's top punt returner this season.

"There's no way we would've won the last two games without our special teams in terms of our return game," the Toronto native said. "For us, it was a huge part of the wins."

The play of Brown and other returners was indeed special last weekend as three punts and a missed field goal were taken back for touchdowns. That gives the CFL four special-teams TDs so far, which is already half of last year's total.

Winnipeg's Demond Washington had the first return TD, taking a punt back 82 yards in a 41-30 loss to Montreal on Friday night. In the nightcap, Brown had an 81-yard punt return for a touchdown in B.C.'s 39-36 home win over Hamilton, a game that also saw Chris Williams of the Tiger-Cats score on a 67-yard punt return.

On Saturday, Calgary's Larry Taylor returned a missed field goal 125 yards for a touchdown in a 39-36 road loss to Toronto.

"That (four return TDs the same weekend) is probably a surprise when you look at it but overall you can see why," Benevides said. "It's one of those things that's exciting for the fans and is a huge part of the CFL."

Hamilton rookie head coach George Cortez agreed. Well, sort of.

"I don't think anybody in the league is happy about the state of their special teams," Cortez told reporters Tuesday. "Let me rephrase that.

"Everybody is happy with the return game and nobody is happy with their coverage game."

Brown certainly gave Benevides plenty to smile about Friday with six punt returns for 157 yards and seven kickoff returns for 139 yards. He also had a 59-yard punt return in B.C.'s season-opening 33-16 home victory over Winnipeg.

However, that paled in comparison to the club-record 441 all-purpose yards Taylor rolled up against Toronto, second only in CFL history to the 474-yard performance Winnipeg's Albert Johnson III had in 2000. Calgary's Taylor had eight kickoff returns for 222 yards, two missed field goal returns for 136 yards and two punt returns for 70 yards in addition to a 13-yard catch.

Benevides, a former special-teams coach, says return teams usually have the early advantage on cover squads.

"At this point in time it's Week 2, there' still a feel-out process in terms of the personnel on rosters and where guys play on certain positions," he said. THE CANADIAN PRESS



B.C.'s Tim Brown celebrates a touchdown against Hamilton last Friday in Vancouver. DARRYL DYCK/THE ASSOCIATED PRESS

Ready for Riders?

B.C. is in Regina on Saturday to face the unbeaten Roughriders and coach Mike Benevides expects Saskatchewan's cover teams to have some different wrinkles to contain Tim Brown.

- As a result, the Lions' special teams will feature their own adjustments.
- "It's cat and mouse, it's always the chess match," Benevides said. "Obviously the pieces on the cover teams will continue to change and make it tough."

Cycling

Armstrong given time to contest doping charges

The U.S. Anti-Doping Agency on Wednesday granted Lance Armstrong an extension of up to 30 days to contest drug charges while the seven-time Tour de France winner challenges the case in federal court. The move erases the Saturday deadline for Armstrong to either send the case to arbitration or accept sanctions from USADA, which would likely include a lifetime ban from cycling and other sports along with stripping the Tour titles he won from 1999-2005.
THE ASSOCIATED PRESS

Mobile sports

With fastballs, sliders, curves, slurves, two-seamers, four-seamers, cutters, palmballs, splitters, forkballs, knuckleballs and even the infamous gyroball, you might think this is a golden age of pitching. But are there that many more pitches today? Or did we just figure it out with scouting and technology? Scan the code for the story.

NBA. Nash still surprised to be joining Lakers

Steve Nash knew the scene was more than a bit surreal when he stood in the Los Angeles Lakers' training complex, grinning and holding up a gold No. 10 jersey with his name on the back.

"Being here right now is something I never foresaw," Nash said Wednesday. "That (jersey) was a major hurdle for me just to get over visually as a player."

The two-time MVP will get used to it. After spending the past 16 years trying to beat L.A. in Phoenix and Dallas, Nash is switching teams to chase NBA titles alongside Kobe Bryant.



Steve Nash in El Segundo, Calif., on Wednesday. THE ASSOCIATED PRESS

The Lakers welcomed Nash on Wednesday, a week after reaching a deal to get the superstar point guard from the Suns.
THE ASSOCIATED PRESS

Hockey

Lamoriello on way to U.S. hall of fame

Lou Lamoriello, New Jersey's longtime general manager, who has led the Devils to three Stanley Cup titles and five Eastern Conference crowns, was named Wednesday to this year's induction class of the U.S. Hockey Hall of Fame.

Former players Mike Modano, who won a Stanley Cup with the Dallas Stars, and Eddie Olczyk, who won one with the New York Rangers, are also a part of the class that will be enshrined in the fall.
THE ASSOCIATED PRESS

NHL. Winter Classic adds second alumni game to include more legends

Next season's Winter Classic between the Detroit Red Wings and Toronto Maple Leafs will include two alumni games and around 100 players from the storied franchises.

Representatives from both teams announced preliminary rosters at a news conference Wednesday at Comerica Park, where the alumni games are scheduled to take place Dec. 31. The 2012-13 editions of the Red Wings and Maple Leafs will play the Winter Classic on Jan. 1 at Michigan Stadium in Ann Arbor. THE ASSOCIATED PRESS

Quoted

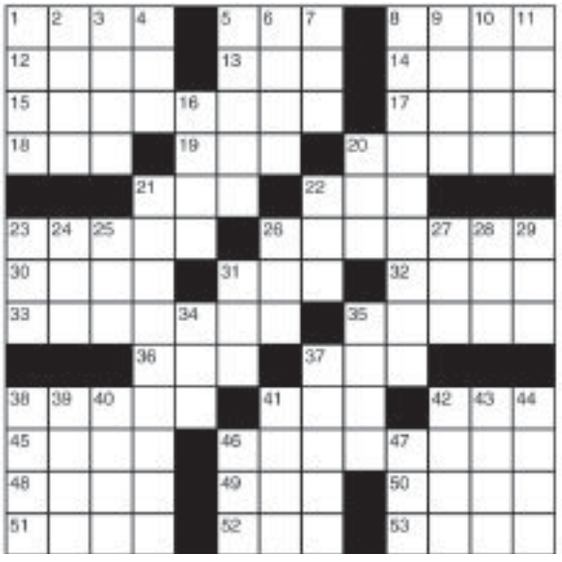


"It's a great idea to have the second one to open up the option to have more guys to be a part of it."

Former Maple Leafs captain Wendel Clark.

Across
1 Bear lair
5 Bookkeeper (Abbr.)
8 Pocket bread
12 "Yeah, right"
13 Part of UCLA
14 From the beginning
15 Seasoned beef product
17 Luminary
18 Hot tub
19 Work with
20 Tale
21 Spot on a domino
22 Resume
23 Macho type
26 Takes temporarily
30 Love god
31 Remiss
32 Met melody
33 Dangerous snake
35 Use a Cuisinart
36 Mex. neighbor
37 Pub order
38 Fragment of glass
41 Country club instructor
42 Branch
45 Cougar
46 Potpourri
48 Enthusiastic
49 Id counterpart
50 Geometry calculation
51 Got up
52 Buddhist sect
53 "Swell!"

Down
1 Uppercase letters
2 Pronto, on a memo
3 Master-Card rival
4 Small salamander
5 Necklace fastener
6 Apple or pear
7 Spanish for "so"
8 Rural composition
9 Busy with
10 Wardrobe malfunction
11 Distorted
16 Destruction
20 Round Table address
21 Grazing land
22 Carton
23 That woman
24 Geological time
25 Witticism
26 Tavern
27 Raw rock
28 Victory
29 Blue
31 Actress Thompson
34 1960s hallucinogen
35 Rorschach picture
37 Bad lighting?
38 Mast
39 "Les Miserables" author
40 Andy's pal
41 Senate staffer
42 Broad expanse
43 Comic Caroline
44 Vegan's no-no
46 Candy in dispensers
47 Mystery writer Rankin



	3	4				8		
			7	3				1
7					2			3
		3	1		5		9	
	8			4			2	
	5		2		7	6		
5			4					2
3				1	9			
		6				5	7	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	4	7	8	9	3	5	2	6
8	5	6	7	4	2	9	3	1
2	9	3	5	6	1	7	4	8
4	7	1	3	2	9	8	6	5
9	2	8	6	7	5	4	1	3
6	3	5	1	8	4	2	9	7
3	1	4	2	5	8	6	7	9
7	8	2	9	3	6	1	5	4
5	6	9	4	1	7	3	8	2

Yesterday's Crossword



Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

I X A Y G M G K W A Y L A K

H V P V L P G J N M G J L G H A K Y .

V P B W W N P A X A P X N B J C

N K C A K G P M K A I C K V H A K .

Yesterday's Cryptoquip: IF A GUY IS DRESSED IN A FELINE COSTUME, MIGHT YOU CALL HIS HAIRSTYLE A "CAT MAN DO"?

Today's Cryptoquip Clue: I equals W

For today's crossword answers and for expanded horoscopes, go to metronews.ca



Horoscope

Aries | March 21 - April 20. With Mars, your ruling planet, moving through the partnership sector of your chart, this is the perfect time to assess your relationships.

Taurus | April 21 - May 21. Your capacity for hard work is legendary but you could be tempted to take on too many tasks over the next 24 hours. While your energy may be unlimited, your time is not.

Gemini | May 22 - June 20. Throw yourself into a creative activity and forget about personal problems. Working hard on projects that you enjoy will be therapeutic.

Cancer | June 21 - July 22. You need to get over your sense of injustice and stand far enough back to see the big picture. Then you will realize that life is a lot fairer than you have given it credit for.

Leo | July 23 - Aug. 22. Forget about work for the next 24 hours and do something that is purely for fun. If you can arrange it, a trip away from your usual environment will do you the world of good.

Virgo | Aug. 23 - Sept. 22. You may want to make a good impression on certain people but don't do anything you might later regret. Success is important, of course, but so is your sense of integrity.

Libra | Sept. 23 - Oct. 22. All the things that you should have done but never got around to are possible for you now. Make use of Mars in your sign to motivate yourself to do something spectacular.

Scorpio | Oct. 23 - Nov. 21. There will be a number of distractions today and it is quite likely that you will get frustrated at not being able to focus on one thing at a time.

Sagittarius | Nov. 22 - Dec. 21. Even if you are a rare Sagittarius who prefers their own company, you will want to be involved in a group activity of some sort today.

Capricorn | Dec. 22 - Jan 20. You may be determined to prove you have what it takes, but you must also accept there are forces in the world that can't be defeated.

Aquarius | Jan. 21 - Feb 18. Mars in your fellow Air sign of Libra means there is no excuse for moaning that you don't get the breaks. Instead of waiting for luck to come your way, go out and grab it.

Pisces | Feb. 19 - March 20. Others will be eager to involve you in their schemes, but be on your guard. Yes, there is money to be made, but you won't get something for nothing. SALLY BROMPTON



Caption Contest

"Well, it looked like a good idea on paper!"
Les
THE ASSOCIATED PRESS

Win!



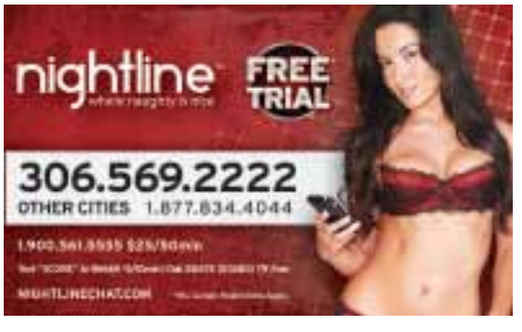
You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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